

This is an advertisement.

**Anthem Blue Cross and Blue Shield makes it easy and affordable to stay fit with the SilverSneakers® Fitness Program!**

The SilverSneakers Fitness Program offers physical activity, health education and social events, plus an interactive member website and SilverSneakers® Steps, an alternative for members who don't live near a fitness location.

**SilverSneakers Fitness Program**

As a SilverSneakers member, you'll find it easy to stay fit, have fun and make friends using the complimentary SilverSneakers membership provided by your plan. SilverSneakers members have **access to nearly 10,000 participating locations** across the country, where on-site staff people help members meet their wellness goals. Locations offer amenities such as exercise equipment and SilverSneakers fitness classes designed specifically for older adults. Women-only locations, including Curves®, are also available nationwide. Please visit [www.silversneakers.com](http://www.silversneakers.com) to find a location near you.



**Anthem**    
Health. Join In.

A health plan with a Medicare contract.

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## SilverSneakers Online

The SilverSneakers website, [www.silversneakers.com/member](http://www.silversneakers.com/member), provides a comprehensive, easy-to-use wellness resource via the member pages. Once you become a SilverSneakers member you can be part of a thriving and secure member community where you can create exercise and nutrition plans, track your fitness progress, find health articles and recipes, and more.

## SilverSneakers® Steps

SilverSneakers Steps is a personalized fitness program that fits the lifestyle of members who don't have convenient access to a SilverSneakers location (nearest location is 15 miles or more from your home). After registering for Steps on [www.silversneakers.com](http://www.silversneakers.com), members will receive a kit containing tools to help you get fit, including resistance bands, an exercise DVD and how-to material. You can get a good workout at home or when you travel by using your Steps kit.



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